

The Seminole Nation Diabetes Program & the Reynolds Wellness Center are partnering up with the Chickasaw Nation "Get Fresh Cooking" Crew to host this healthy living event

Fekē Yekce



Limited to 60 people!



Get Fresh Cooking

Pre-Holiday Healthy Eating Ideas

November 13, 2012 6:00 pm – 7:30 pm

The Seminole Nation of Oklahoma Diabetes Program, in coordination with the Reynolds Wellness Center, will be hosting a cooking demonstration free to the public. The focus is on how to balance your energy and activity while eating a healthy holiday meal.



Reynolds Wellness Center



Located at 1001 E. Strother, Seminole, OK

For Info Call: 405-382-3761